

# **Swany's Collection of All Time Favorite Recipes**

## **Carob Delights—all time favorites**

1 Cup honey

1/3 Cup carob powder

1/2 Cup peanut butter

Heat over low heat until all is runny. Then stir into remaining ingredients.

1 Cup coconut-unsweetened

1 Cup Oatmeal

1/2 Cup each, sesame and flax seed ground

1 Cup raw sunflower seeds

1/2 Cup ground walnuts, or other nuts.

Press into a rectangular pan, score with a pizza cutter, then place in the refrigerator until cold and stiff. These are high in available iron, and calcium, also protein as well as high in fiber, and a good assortment of vitamins and minerals.

## **Vegan Cheese Cake—scrumptious**

For a crowd

INSTRUCTIONS: Make Graham Crackers while cooking millet. Take out 1/2 cup pineapple juice from can and set aside. Use the rest of juice to cook 1 cup of millet in. Cover and cook it over low heat for about 1 hour or more, stirring often to avoid sticking. Will be opened when well done, then scrape into a large mixing bowl.

NEXT: Blend until smooth:

1/2 Cup pineapple juice

2/3 Cup raw brazil nuts

ADD to blended mixture:

1 teaspoon sea salt

4 tablespoons lemon juice

1/2 Cup honey or maple syrup

1 20 oz can crushed pineapple

1 tablespoon pure vanilla

1 tablespoon clear gel

ADD the complete blended mixture to the millet in the large bowl and mix.

NOW blend mixture two cups at a time until very creamy. Pour into oblong cake pan lined with graham cracker crust, and chill to set. Then top with a thickened fruit sauce.

### **Graham Crackers—yummy**

1/3 Cup olive oil

1/3 Cup honey or maple syrup

3/4 Cup oat flour

1 1/4 Cup WW pastry flour

1 1/2 teaspoons coriander

1/4 teaspoon sea salt

INSTRUCTIONS: In a small bowl beat together first two ingredients with a fork. In another bowl stir together remaining ingredients. Pour liquid into dry ingredients and mix together well. Put dough on a cookie sheet and flatten with a rolling pin. Score. Bake at 350 for 10 minutes.

### **Graham Cracker Crust--yummy**

INSTRUCTIONS: Break crackers back onto cookie sheet and roll with rolling pin into fine crumbs. Put 3 Cups crumbs into bowl and add 1/4 Cup dry sweetener. Then add 1/2 Cup olive oil. Mix well. Press into oblong cake pan and chill to set.

### **OATMEAL RAISIN COOKIES**

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5 cups oats (quick or regular)

2 cups whole wheat pastry flour

1 tsp. sea salt

1 cup chopped walnuts (optional)

1 cup raisins

1/2 cup coconut (optional)

1/2 cup water or soy milk (tofu milk)

1 cup olive oil or 1 cup apple sauce

1-2 cups honey/maple syrup mixture

2 tsp. vanilla

Mix all dry ingredients together. In a separate bowl, mix all wet ingredients. Add the mixtures together. Let sit 5-10

minutes. Drop freeform onto cookie sheet. Bake at 350 for 15 minutes.

### **Lemon Pie**

2 C Water  
1/2 C Arrow root powder—bring to boil just until thick  
Add 1 can frozen Pineapple juice, 1 cup water and grated rind of one lemon, 1 tsp honey. Heat until all is warm. Cool. Place in Graham Cracker crust. Use favorite topping and sprinkle with coconut, succanot or ground walnuts.

### **Pumpkin Pie—Squash**

2/3 C Brazil nuts  
1/2 tsp Celtic salt  
1/2 tsp Maple flavoring  
1 tsp Vanilla  
2/3 C Nut Milk  
2/3 C Sweetener such as Honey, 1 cup Maple Syrup, 1/2 Cup Sugar-natural  
1/3 cup Organic, non-GMO corn starch or other thickener  
2 tsp Cardamom  
1 T. Coriander

Blend all of the above and add two cups steamed squash any kind. Pour into pie shell and bake at 350 degrees for 1 hour and 10 minutes.

### **Jolene's Bread Machine 1.5 # Loaf**

13 oz Warm H2O  
1.5 tsp Celtic Salt  
2 Tbsp Sweetener-Honey, succanot—dissolve this in the water first  
3.5 C Whole wheat flour  
2 Tbsp Gluten flour  
1.5 tsp Dry yeast-bread machine yeast-fast acting  
2 Tbsp Various seeds: 2 Flax, 1 Pumpkin, 2 Sesame, 1-2 Sunflower

Add the ingredients to the pan in the order given, being sure to dissolve the sweetener & salt before adding the rest of the ingredients. Do not stir the rest of the ingredients. Place it in the bread machine and set the basic

## **Oatmeal Raisin cookies**

1 cup honey  
1/2 cup olive oil  
1 Tbs. vanilla  
1 tsp. sea salt  
1/2 cup soy milk (tofu milk) non-GMO, organic, or other milk  
3/4 cup chopped walnuts  
1 cup raisins (plumped by soaking in hot water for 10 min.)  
2 cups regular oats  
2 cups oat flour or whole wheat pastry flour  
In on bowl beat together first five ingredients. Mix remaining dry ingredients in another bowl. Combine liquid and dry, stirring together well. Let sit for 15 minutes. Drop 2 Tbs. portions onto oiled cookie sheet. Flatten slightly and shape. Bake at 350 for 20-25 min.

## **OATMEAL RAISIN COOKIES**

5 cups oats (quick or regular)  
2 cups whole wheat pastry flour  
1 tsp. sea salt  
1 cup chopped walnuts (optional)  
1 cup raisins  
1/2 cup coconut (optional)  
1/2 cup water or soy milk (tofu milk)  
1 cup olive oil or 1 cup apple sauce  
1-2 cups honey/maple syrup mixture  
2 tsp. vanilla  
Mix all dry ingredients together. In a separate bowl, mix all wet ingredients. Add the mixtures together. Let sit 5-10 minutes. Drop freeform onto cookie sheet. Bake at 350 for 15 minutes.

## **Best Ever Waffles** **Strong alkaline food**

BLEND: 3 cups Water  
1/4 cup almonds  
3/4 cup Spelt Berries or flour  
3/4 cup Buckwheat any kind  
3/4 cup Sorghum berries or flour  
1/4 cup Flax seeds any color

1/4 cup Sesame seeds brown or black  
Blend until smooth then add:  
2 droppers of Stevia liquid optional, can use 1 T. Maple Sugar  
1 tsp of vanilla optional  
Preheat Non-stick Waffle Iron to “hot”! Can use olive oil sprayed on to insure easy removal. Pour batter into waffle iron and bake for 7-10 minutes or until lightly browned. These should come out easy and clean. May have to get it started with a spoon handle etc. Can freeze any that are left over!

### **Raw Almond Milk**

1 C Almonds  
3 C Coconut milk or water or mix  
1 Tbsp mesquite powder\*  
1 tsp cinnamon or cardamom and coriander

Blend in blender until smooth. Strain--optional.

\*available online [www.rawchef.org](http://www.rawchef.org) and [www.treeoflife.nu](http://www.treeoflife.nu) or  
The San Pedro Mesquite Company—888-806-7762

## **Raw Buckwheat Granola**

5 C buckwheat raw & soaked for 1 1/2 days.  
6 C coconut shredded  
1 Tablespoon salt  
1/2 C honey  
2 C dates and 2 C. raisins, soaked for 1-2 hours  
and then processed without the juice with an s  
blade. Save the juice for your smoothies.  
1/2 of one pineapple chunked and processed in food  
processor with 2 overripe bananas  
2-3C. walnuts chopped  
Mix all together. Place on dryer sheets at 115 for  
about 24-30 hours depending on dryer. Enjoy!

## **Raw Spiced Granola Crunch**

If no dehydrator is available can always dry in the oven on  
extremely low heat...

2 C Almonds, soaked for 12+hours  
1 C Walnuts, soaked 1/2 hour  
1 C soaked coconut or young coconut meat  
2 Tbsp mesquite flour  
1 tsp coriander  
1/2 tsp Cardamom

In food processor, chop nuts by mixing for 30-40 seconds.  
Pour into large mixing bowl, and then chop coconut meat  
in processor until tiny pieces are achieved. Add coconut to  
mixing bowl and stir in spices and salt.

Optional is to spoon mixture onto teflex sheets or  
parchment paper and dehydrator trays. Dehydrate for 12  
hours at 95 degrees until thoroughly dry and crunchy.

Store in airtight glass container in refrigerator and  
consume within one month.

## **Elena's Flour Tortillas**

6 C Flour  
2 tsp Celtic Salt  
2 1/4 C Warm Water  
2/3 C Oil + 3 Tbsp

Mix together-form into soft balls, let stand 1 hour. Flatten and cook on hot griddle

## Dehydrated Raw Breakfast Crackers

- 2 Apples cored and cleaned, and cut in pieces
- 1/4 C Soaked Almonds
- 1/2 C Brazil nuts
- 1+ C Soaked Sunflower seeds
- 1 C Soaked Oat berries
- 1 1/2 C Rolled oats
- 2 tsp Salt
- 1/4 tsp Ginger powder
- 1/4 tsp Coriander

Add water if necessary to the mixture to adjust texture. Can add molasses if desired. Add all the ingredients together and then put two or three cups at a time in a food processor and process thoroughly and smooth. Spread the mixture onto parchment paper cut to fit your food dryer shelves, about 3/16 inch thick. Score with a pizza cutter into cracker size squares. Dry for approx 16 hours at a low temperature until dry. Store in air tight container at room temperature.

## Raw Everybody's Favorite crackers--raw

Dehydrator required

- 1 C Soaked sunflower seeds
- 1 C Soaked walnuts
- 1 C Soaked almonds
- 1 Tomato
- 1 C Red Onion chopped
- 3 Tbsp Flax seeds
- 3 tsp Cumin seed
- 2 tsp Celtic salt

Mix in a food processor or champion juicer with blank on. Spread on parchment paper or Teflon sheets. Make them 3/16 inch thin. Score with a pizza cutter for squares. Dehydration time is about 15-20 hours. Yummy!

## Ye Old Hardtack

This was used in the Civil War days and held up an army; actually it dates back much longer than that. Chewed slowly and mixed thoroughly with the saliva, it is well digested and absorbed and utilized in the intestines. It will give time released energy and stave off appetite for hours.

- 1 Cup Whole Wheat Flour
- 1 Cup Spelt Flour
- 1 Cup Rye Flour
- 1/2 Cup ground nuts
- 1/4 Cup ground Sesame seeds
- 1/4 Cup Olive Oil
- Salt to taste
- 1/4 Cup ground Flax seeds

Mix the above all together in a bowl, then add enough water or nut milk to make a firm cookie texture, then place by spoonfuls flattened



on a baking sheet and bake in an oven on the lowest temperature until dry only, not hard. Can use any kind of flour mixture, just limit to three, so as not to overload the digestive system. Store out of the light and air. Best eaten within six months.

### **Raw Borscht—yummy good**

Blend these ingredients well in a blender or Vita-Mix

- 2 C Water
- 3 Beets chopped
- 1 Small root of ginger sliced
- 3-4 Large cloves of garlic
- 6-7 Bay leaves

Pour the blended mixture into a big bowl

Blend the following ingredients for a short time approx. 30 sec.

- 2 C Water
- 2 C Carrots
- 2 Stalks Celery
- 2 Tbsp Lemon Juice fresh squeezed include some rind if organic
- 1 Tbsp Honey
- ½ C Olive oil; Celtic salt to taste

Add ½ C Walnuts and blend on low speed very quickly, so they just break into small pieces but are not blended. Pour into the same bowl and stir.

Dice and grate: ¼ Head cabbage; 1-2 Carrots; 1 Bunch parsley. Add grated ingredients to the blended mixture. Stir and serve.

### **Gazpacho Soup--Raw**

4-6 Medium to large ripe tomatoes, pureed in blender

- 1 large tomato diced
- 1 medium stalk celery, diced
- ½ cucumber, peeled, diced
- ¼ red bell pepper, diced
- 4 radishes, thinly sliced
- 1 green onion, thinly sliced
- 1-2 Tbsp parsley, minced
- 4 tsp lemon juice
- 2 tsp flax oil or extra virgin olive oil
- 1 clove garlic crushed
- 1 tsp Celtic salt to taste
- dash of cayenne pepper

1 avocado peeled, cut into small cubes—do just prior to serving.

2 Tbsp Sunflower seed sprouts

Combine all ingredients, except last two and mix well. Cover and chill for an hour or more. Prior to serving, mix in the avocado and sprouts.

## QUICK SALAD DRESSING-raw

3 parts Olive oil                      1 ½ part Nutritional Yeas  
1 part water                          5 cloves Garlic-peeled  
1 part fresh squeezed lemon juice    1 rounded teaspoonful Celtic salt  
Blend all ingredients together and add 1 teaspoon Basil

## Elena's Raw Italian Dressing-raw

1 1/2	C	Oil, preferably grape seed, extra virgin olive			
1/2	C	Honey	1	Tbsp	Celtic Salt
1	C	Water	8		cloves garlic or
to taste					
3/4	C	Lemon Juice (fresh squeezed)	4	tsp	Italian
Seasoning					
1	Tbsp	Onion powder or fresh equivalent	1/4	tsp	cayenne-
optional					
Blend well and serve cold.					

## Ranch Style Dressing

1/3 C Brazil nuts  
Himalayan Salt  
2 Tablespoons Sunflower seeds  
2 Tablespoons brown Sesame seeds  
desired consistency...can  
1/3 lemon with yellow peeled off  
Blend all ingredients until smooth and store in refrigerator—delicious!

## Tahinni (Sesame Seed)-raw

1 Cup water  
1 Cup Sesame seeds unhulled—not the white ones...  
5 Cloves of Garlic  
1 rounded Teaspoon of Celtic Salt  
2 Tablespoons Fresh Squeezed Lemon Juice  
Blend all ingredients in blender until smooth. Keep refrigerated.  
Excellent and best source of bio-available Calcium for the body!!  
Unequaled.

# Hummus

2 C Garbanzo beans, the small brown organic ones are the best. Wash, cook and use the juice to blend these. Then Add.

1/2 C Tahinni-see above recipe

Add enough Celtic salt to taste  
 5 Cloves fresh garlic  
 1/4 C Fresh squeezed Lemon Juice  
 Blend all of these ingredients together until smooth.

## **Tofu Mayonnaise—mostly raw**

1 Pound extra firm, organic, non-GMO, water pack tofu  
 1/2 C Lemon Juice fresh squeezed Pinch of cayenne  
 1 3/4 tsp Celtic Salt 2 tsp Nutritional yeast  
 2 Tbsp Honey 1/3 C Grape seed oil or flax oil  
 3/4 tsp Garlic powder or 1-2 fresh cloves 3 tsp Onion powder or fresh cut  
 1 1/2 C Chicknish or any good homemade chicken style flavoring  
 Blend well. You should not have to add any water. You could add 1/2 tsp guar gum if you need to.

## **Better than Butter-raw**

1 1/4 C Virgin coconut oil-needs to say 'Virgin' expensive but worth it!  
 3/4 C Olive oil-extra virgin  
 2 Tbsp Lecithin oil-called 'liquid'  
 3 Tbsp Flax seed oil  
 1 C Water  
 1 Tbsp Celtic Salt (slightly rounded)  
 Blend together first 4 ingredients until smooth. Mix salt and water together. Add to oil mix. Blend until well blended—looks like butter. Pour into containers and chill in refrigerator. Can always stir when warm and re-chill.

## **Soy Sour Cream—mostly raw**

1 C Water  
 1 C Sunflower seeds  
 Blend these two together until smooth  
 1 8oz Tofu-can be mori-nu firm silken or any organic, non-GMO tofu  
 3/4 C Cold water  
 1 tsp Celtic salt  
 1 tsp Onion powder or one Tbsp fresh  
 1/8 C Lemon juice fresh squeezed  
 1/2 C Flax seed oil or other cold pressed oil, can adjust this amount to suit taste.

Blend in blender. While blending, add 1 tsp guar gum and whiz for a second or two. Chill. Makes about 4 cups

### **Jiffy Melty Cheese—can be raw**

2 cups water—save one cup for rinsing the blender, then add that to the rest

½ cup nutritional yeast

1/3 or 2/3 cup almonds-raw (depends on your taste)

3 Tablespoons potato starch

½ medium raw onion

2 cloves fresh Garlic peeled

½ red bell pepper or 4oz jar of pimientos (fresh bell tastes better!)

1 rounded teaspoon Celtic salt

2-3 Tablespoons fresh squeezed lemon juice

Blend all in a blender until smooth. Pour into a kettle and heat until boils, stirring constantly. When thickened, serve.

Enjoy

Can be used in casseroles, lasagnas, nachos, pizzas, sandwiches you decide...*Or to **make raw** use Insta-Gel in place of potato flour, and add 2 Tbsp sesame seeds, and 2 of sunflower seeds before blending*

### **Ketchup**

One 28 ounce can tomato puree

½ C lemon juice

½ C honey

1/8 tsp marjoram or rosemary

1 Tbsp onion powder

½ tsp garlic powder

¼ tsp celery seed ground

2 tsp Celtic salt

Blend all but tomato together in blender, and then blend with the tomato puree for better texture. Heat to just bubbly. Can freeze this in usable amounts.

### **Fresh Raw Dill Pickles—mostly raw**

4 C Lemon juice

4 C Water

½ C Honey

- 4 Tbsp Dill Weed
- 2 Tbsp Onion Powder-heaping
- 4 Tbsp Garlic fresh and chopped or sliced, crushed is best
- 2 Tbsp Dill seed crushed
- 3 Tbsp Celtic Salt

Bring to boil in a large kettle all ingredients except the salt. When boiling, remove from heat and stir in the salt then immediately pour over sliced cucumbers packed into a gallon jar. Cover with lid immediately and refrigerate. Yummy good and will keep for up to a month or more in the refrigerator.

### **Garbanzo Foo Young**

*It may not sound greatly appetizing but is really quite tasty. The garbanzo flour batter has a very good binding value and will form around the pattie much the same as an egg batter and it provides a very high quality protein.*

1 c. garbanzo flour. (If you have a vita-mix, you can use the dry blender unit to grind a very fine flour out of the dry beans if you do not have the flour. It will always leave a few beans for some reason, so just work the flour through a fine mesh colander, or pick them out by hand.)

- 1 C Water
- 1 Tbsp Celtic salt
- ½ C finely chopped onion
- ½ C finely chopped broccoli or mushroom (option)
- 1 C crumbled tofu, or finely chopped gluten
- 1 ½ C bean sprouts

Blend or wire whip together your flour, water, salt

Add the vegetables and tofu/gluten; Pan fry in virgin coconut oil on both sides, or bake in 350 degree oven until slightly brown. Option: can pour gravy over them and garnish with chopped chives or parsley; serve with rice and vegetable.

### **CHICKEN STYLE SEASONING**

- |   |                             |
|---|-----------------------------|
| 1 1/3 cup non-active nutritional yeast powder | 2 teaspoons garlic          |
| 1 Tablespoon Pink Himalayan Salt              | 2 Tablespoons parsley dried |
| 2 teaspoons celery seed                       | Place all ingredients in a  |
| blender and blend                             |                             |
| 2 ½ Tablespoons Italian seasoning             | to a fine powder, then add  |
| parsley. Add to                               |                             |
| 3 Tablespoons onion powder                    | foods after cooking and let |
| set for a few min.                            |                             |

## Vegan Burgers

4	C	grated zucchini	2 tsp	garlic powder
2	C	grated carrots	2 Tbsp	basil
1		red bell pepper chopped	2 tsp	sage
1	lg	onion chopped	6 Tbsp	nutritional yeast
2		cloves garlic chopped	6 Tbsp	tapioca flour
2	C	walnuts chopped	6 C	quick oats
2	lb	crumbled extra firm tofu	½C	olive oil
3	Tbsp	Chicknish or home made chicken style seasoning (see this page)		

Mix and let sit for one hour. Bake for 15 minutes on one side; turn, bake 15 minutes on the other side and switch oven racks when turning.

## Mostly raw recipes

### Homemade V-8 Juice—all raw

6 medium-sized carrots  
1 small beet (wash well)  
3 large tomatoes  
1 bag baby spinach  
1/4 head fresh cabbage  
1 red bell pepper  
1 green bell pepper  
3 stalks celery  
1/4 sweet onion  
1/2 clove garlic or less if you don't care for garlic  
Kale leaves (a little goes a long way so be careful)  
Salt to taste  
Run all the vegetables through your juicer, add salt to taste, and then sit back and enjoy the healthiest V-8 juice around.

### Pestos Sauce—all raw

**Heavy metals** are a major cause of hormonal imbalances, cancer, thyroid problems, neurological disturbances, learning problems, depression, food allergies, parasites, and probably a lot more sicknesses we don't know about.

This recipe not only tastes great, but it's very beneficial in **removing heavy metals** from your body. You can eat as much as you want a day (within reason), but only

2 teaspoons a day is what you need to take. I eat it with my salad, on pasta, baked potato, or just on toast. It's great! Cilantro has been proven to chelate toxic metals from our bodies in a relatively short period of time.

Combined with all of the rest of the ingredients this recipe is a powerful tissue cleanser.

4 cloves garlic (Bio-available sulfur, and antibiotic, much 'much' more!)

1/3 cup raw Brazil nuts (has selenium)

1/3 cup roasted and salted sunflower seeds (cystiene)

1/3 cup raw pumpkin seeds (zinc, magnesium)

2 cups packed fresh cilantro (vitamin A)

2/3 cup flaxseed oil (Omega 3, 6, & 9 fatty acids)

4 tablespoons lemon juice (vitamin C)

2 tsp. dulse (minerals and trace minerals)

Sea salt to taste (some minerals)

Process cilantro and oil in blender until cilantro is chopped. Add rest of ingredients and blend until smooth, or as smooth as you can get it in your blender. It freezes well.

## Raw Cheese

1 3/4 C Water

1 1/8 C Brazil nuts

1/4 C Sesame Seeds

1/3 C Nutritional Yeast Flakes

1 1/2 tsp Celtic Salt

1 Tbsp Onion Powder or fresh equivalent

3/4 tsp Garlic powder or one fresh clove

3/4 C Pimentos or one fresh red pepper

1/3 C Lemon Juice fresh squeezed if possible for taste and enzymes

Blend all ingredients until smooth. Thicken if necessary with the xanthium or guar gums, or other of choice. Use on anything that you desire.

## Raw Smoothie recipes

### Pina Colada—all raw

One young coconut milk and meat or 4 Tablespoons coconut meat and

1/2 cup water or juice

1/2 pineapple cubed

One banana fresh or frozen

2 cups spinach, or 3 kale, or collard leaves

Blend; Serves two. Replace with the juice of 2 pink grapefruits for variation

**Liquid pizza:--all raw**

Juice of one lemon  
 One small avocado  
 4 Roma tomatoes  
 One handful-generous- fresh basil  
 6 leaves of silver beet or Bokchoy  
 One small Chili or cayenne pepper  
 One clove of garlic chopped  
 Coconut water from two coconuts  
 Blend:

**Green Power smoothie—all raw**

Two apples  
 Two cups cold water  
 Two teaspoons sesame seeds  
 Two teaspoons hemp hearts  
 4 fresh kale leaves-remove stems  
 Two Tbsp flax seeds ground  
 Lightly blend the apple, water and  
 sesame seeds; add kale, mix on high

**Better than chocolate mousse -all raw**

1 1/2 to 2 C Coconut water from young coconut,  
 Two ripe bananas cut in chunks  
 Two teaspoons raw carob  
 1 teaspoon raw Tahinni  
 Blend. Enough for one

**Cranberry pumpkin tang smoothie:**

This one is good for diabetes or Candida

1/2 c cashews **could be raw**

One cup water plus more to blend latter

1/4- 1/2 shredded fresh young coconut, about 1/4 cup regular dried coconut

Blend; then add one and a half cups frozen cranberries

7-8 drops of liquid Stevia or more to taste (15)

5 drops of orange flavor

2-3 cups of frozen pumpkin.

One teaspoon vanilla extract

Blend;

Freeze after finished. Could add banana or frozen strawberries if no concerns about sugar.

**Best Smoothie Ever—considered raw**

1/2 cup Black Cherry Berry Tea (celestial seas tea)

1/4 cup of almonds

1/4 cup Orange/passion fruit concentrate (no sugar)

1/4 c pineapple concentrate (or juice)

1-2 teaspoons vanilla extract

1/4 c cashews

3 c frozen blueberries



3 bananas  
cover fruit with water and blend

.

## Soft Breads—all raw

These are breads made from sprouted grains and then dehydrated—***a great raw grain food.***

Make with 4 cups of any sprouted grains to ½ -¾ cup carrot pulp, pineapple, raisins, dates, and nuts, Sweeten with maple or succanot, agave etc. Mix all together and process in a food processor or blender just until chunky batter like consistency—dehydrate approx 18 hours

### **Rye soft bread; Bread sticks**

Yield: 24-36 six inch bread sticks, dehydrate time 4-8 hours, 15 minutes to prepare

1 cup sprouted rye  
1/8 cup flax seeds  
1/8 cup caraway seeds  
1 level tablespoon Celtic salt  
1 ½ cup sauce ingredients:  
1 Avocado  
1 rounded teaspoon Celtic salt  
1 tomato  
2 green onions  
1 tsp cumin powder

Soak the rye, flax seeds, caraway seeds, and sunflower seeds together overnight. Rinse

In a vita-mix or food processor fitted with an “S” blade, process the soaked grain and seeds together with ½ to 1 cup water. (Use less water if you want a thicker bread stick, more would make a cracker.) Stir in the Celtic salt, and roll out bread sticks ½ inch in diameter and 6-8 inches in length. Place on dehydrator trays and dehydrate at 105 F. for 4-8 hours, or to desired crispness. Can be dried on trays in the sunshine covered with a sheet, or in a very low temp oven.

In a blender puree the avocado, and remaining ingredients to a smooth consistency. Serve as a spicy dipping sauce for the bread sticks.

Ingredient options: Barley, oat grouts, wheat berries or kamut. Spice could be Mexican Italian, granulated garlic, minced onion or dried parsley any or all, get creative

# Raw Dressings

## Ginger Salad Dressing-raw

1/3 c flax oil  
1/3 c minced combination of fresh herbs sage/basil/thyme/mint  
Juice of 1 lemon  
1/4 c grated ginger-loose  
2 Tbsp Tahinni  
1/2 tsp salt  
1/4 cup water-to desired consistency.  
Stir all together

## Dill Dressing for Lima Bean salad—cooked beans only Salad:

4 cups cooked Lima beans  
1 1/2 cups fresh spinach chopped  
1 red onion quartered and sliced  
1 cup celery chopped  
1/2 cucumber sliced and quartered  
4 green onions thinly sliced  
Can add granular dulse to taste

### Dressing:

1/4 c water--can use celery or cucumber juice	1 pinch cayenne
1/4 c + 1/8 c lemon juice	8 drops liquid Stevia
1 avocado chopped	1 tsp paprika
1/4 c oil	1 1/2 teaspoon Celtic
salt	
1/4 c dill weed	
6-7 garlic clove	
1/4 c cashews	

## A Salad—can be raw

4 cups stemmed blanched or raw kale  
2 large carrots grated  
1/2 c shredded coconut  
2 tsp yellow curry powder  
3/4 tsp salt  
1 tsp grated horseradish  
1/4 c crushed walnuts  
2 Tbsp Walnut oil or olive oil  
10 drops Stevia or 1 Tbsp honey  
Super Good!

## Hot green dressing—all raw

2 lemons juiced  
1/2 c sunflower seeds and soaked almonds  
2 Tbsp or 2 more if desired of Olive oil  
4 oz glass of water  
pinch of cayenne  
4-5 garlic cloves  
1 Tbsp Basil  
1 handful of spinach  
Salt to taste  
garlic powder to taste  
half of a small onion  
1 jalapeño  
1 Tbsp grated ginger

## Original Fennel salad—all raw

1 small or med head of Fennel chopped in little cubs

1 Fuji Apple chopped  
6-7 leaves romaine, torn  
1 avocado chopped

For a dressing use pesto sauce diluted with lemon juice, makes a yummy meal with a few toasted waffles, using coconut butter and applesauce for topping.

### **Yummy Kale Salad—all raw**

1 large bunch of Kale, stem them	1 cup cilantro pesto sauce
4-5 large tomatoes diced	diluted with 1/3 cup water
and	
1/2 cup soaked almonds crushed	1 Tbsp lemon juice
1 large carrot shredded	Eat with Millet/Quinoa as
cooked	
2 Tbsp ginger root grated	grains
1/2 tsp salt	
1/2 c oil/salt cured ripe olives chopped	

### **Raw Cheese**

1 3/4 C	Water
1 1/8 C	Cashews
1/4 C	Sesame Seeds
1/3 C	Nutritional Yeast Flakes
1 1/2 C	Celtic Salt
1 Tbsp	Onion Powder or fresh equivalent
3/4 tsp	Garlic powder or one fresh clove
3/4 C	Pimentos or one fresh red pepper
1/3 C	Lemon Juice fresh squeezed if possible for taste and enzymes

Blend all ingredients until smooth. Thicken if necessary with the xanthium or guar gums, or other of choice. Use on anything that you desire.